



E-Newsletter

APRIL 2012

Parents are the most influential person in a child's decision not to drink alcohol.

(Roper Youth Report, 2009)

PRMC MATERIAL SPOTLIGHT

Kids' Daily Dilemmas



Get kids and teens thinking and talking with these fun-filled cards for conversation, reflection or play! This unique format, with bite-sized content, encourages individuals to: promote social skills, critical thinking, creative writing, positive attitudes, good manners, compassion and more. Tackle one of the 101 challenges in this jar to develop positive decision making.

Grades 3 - Adult

Contact PRMC to request:
Phone: 701-382-8919

ALCOHOL AWARENESS MONTH



Take a Closer Look. Find more information about the [effects alcohol abuse](#) has on our children, teens, families, and communities.

It is time to take action...
We can make a difference!

- * Model healthy behaviors
- * Be involved
- * Talk often
- * Laugh loudly



Parents LEAD

Parents are the #1 influence in a child's life!

Having ongoing conversations with your children is an effective way to prevent underage drinking.

E-mail: ndprmc@nd.gov

[Order Online](#)



Visit www.parentslead.org for information on how to start the conversation at any age! Sign up for monthly e-mails based on your child's age, ask Dr. Query a question, follow the blog, take the parenting style quiz, browse the resources, and follow us on Facebook.

Listen to...your child's questions and interests without interruption; who their friends and their friend's parents are; what pressures they are feeling

Educate about...consequences of underage drinking (both legal and your own family rules); what your expectations are by communicating to them and by being a role model

Ask...what they are doing; where they are going; who they are going with

Discuss...your values; how to handle peer pressure; how proud you are of their good decisions



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